



February Newsletter

Changing Lives, One Day, One Goal,
One Person at a Time



6 Subtle Signs of Relapse

Impulsiveness

People undergoing addiction treatment may experience subtle increases in impulsivity without a fundamental change in character. If a loved one starts making uncharacteristic rash decisions, it could signal a potential relapse. Before seeking help from a rehab center, engage in a conversation to understand the underlying reasons for their impulsive behavior, acknowledging the challenges of maintaining sobriety, but heightened impulsiveness often signifies a relapse.

Romanticizing the Past

Fondly reminiscing about their past substance use, blurring memories, disregarding negatives, or praising the recovery center experience can be risky. Combining substance talk with romanticizing is particularly dangerous, as it may unwittingly prompt relapse, emphasizing the need for intervention to make your loved one aware of potential dangers.

Disregarding Recovery Practices

While some individuals romanticize their time in a recovery center, many aim to move on quickly post-rehab. However, true recovery extends beyond leaving the alcohol rehab center, requiring consistent adherence to good recovery practices. If a loved one begins to skip meetings or therapy appointments, intervention may be necessary. Monitoring social circles is crucial; associating with individuals reminiscent of their substance-abusing past could indicate an impending relapse, warranting a conversation with your loved one before taking action.

Cross-Addiction

Those in recovery often engage in cross-addiction, substituting their previous substance with a less dangerous but still addictive alternative to cope with sober life. This behavior, whether involving substances or activities like gambling or gaming, can be challenging to detect. To address potential issues, identify signs of compulsive behavior in your loved one and seek guidance from experts at a rehab center, as cross-addiction may increase the risk of relapse.

Over Confidence

While confidence in the recovery process is positive, overconfidence can be detrimental, potentially leading to a cessation of treatment and a swift relapse. If you observe your loved one displaying unusual confidence in their recovery, it's essential to investigate further. Engage in a conversation to confirm their adherence to long-term recovery goals, as excessive confidence often indicates potential issues in the recovery process that need attention.

Lack of Self-Care

Successful recovery relies heavily on self-care, so if you observe your loved one neglecting their appearance or overall well-being, it may indicate a relapse. Disregarding physical and mental health needs suggests a lack of concern for anything else, with a potential focus on returning to their substance of choice. Detecting this shift can be challenging, as individuals may attempt to conceal physical changes, necessitating keen observation to identify signs of self-neglect.

Visit [HarmonyRidgeRecovery.com](https://www.harmonyridgerecovery.com) for more.

Recap Our 2024 Your Voice, Your Choice Youth Explosion





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2508 Tittabawassee Rd. Saginaw, MI

FUNDRAISING

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Women of Colors

Tuesday, February 27th, 2024

3PM – 10PM

10%

DONATION NIGHT

Support **Women of Colors** by presenting this flyer to the Saginaw Location and Texas Roadhouse will donate **10%** of your total food purchases to Women of Colors!



Member Spotlight

The 2024 theme for Black History Month is African Americans and the Arts. Women of Colors encourages you to spend some intentional time learning and sharing all the Black History knowledge there is to know. Not just this month, but all year round. And be sure to keep an eye out on the WOC Facebook page to see how we honor the beauty of Black artistry.



WOMEN OF COLORS TV NETWORK

Do you have content for Amazon Prime TV, Apple TV, or Roku? WOC can spotlight your business, your book, your school, or your event!

Download Our Free App

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3. Download free and stream the WOC Network!



Family & Friends: An Addiction Support Group

Is your loved one leading a destructive life? That doesn't mean your life has to be destroyed as well.

Stronger Together is here to help you cope. Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM
1000 Tuscola St Saginaw, MI 48607

President's Corner

Facing life's challenges is universal; learning to address them is key. Personally, contributing to my community helps shift my perspective from self-doubt to making a positive impact. Discovering your niche for happiness amidst challenges is crucial. People often find solace in various avenues like religion, art, music, dance, or exercising. These diverse outlets provide a means to cope, express emotions, and find inner peace during challenging times. Each person's path to fulfillment is unique, so exploring and finding what suits you is a valuable journey.



Evelyn McGovern
Cofounder/President